

2ND ANNUAL ELITE PERFORMANCE SPEED & AGILITY CAMP

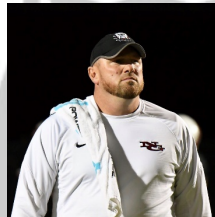
PRESENTED BY NORTH GWINNETT FOOTBALL

GEORGE PIERCE PARK

Whether it be football, lacrosse, basketball, soccer, etc.; speed improves performance in an athlete. Improving speed & agility is an absolute must in today's sports world. ANYONE CAN IMPROVE THEIR SPEED WITH THE RIGHT PROGRAM DESIGN NO MATTER WHAT THEIR SKILL LEVEL IS! Bill Stewart (Head Football Coach at North Gwinnett) in coordination with R.J. Luke (Head Strength & Conditioning Coach / Defensive Line Coach) and Boo Mitchell (Wide Receivers Coach) have put together a proven program for speed and agility development. This comprehensive Program is delivered over 11 sessions covering every aspect of Speed & Agility including Speed Mechanics, Plyometric Drills, Footwork Drills and Change of Direction Drills.



Bill Stewart
Head Coach



R.J. Luke
Head Strength Coach
DL Coach



Boo Mitchell
WR Coach

Monday's, Wednesday's & Thursday's
11 sessions - May 29th thru June 20th

WHEN: Monday's, Wednesday's & Thursdays: 7:15p-8:15p

WHO: Boys & Girls Age 6yrs Thru 14yrs

COST: \$105 for the Camp (Check, Cash, Credit/Debit Accepted)

Checks Made Out To: **North Gwinnett Touchdown Club**

Pay With Credit/Debit Online at **NGFOOTBALL.ORG** (click "Speed Camp" Link)

Cash/Check Accepted at Registration on 1st Day of Camp (May 29th)



REGISTRATION FORM ON BACK TO BE COMPLETED AND BROUGHT MAY 29th AT REGISTRATION

NORTH GWINNETT ELITE PERFORMANCE SPEED CAMP
MAY 29th – June 20th

If you did not register and pay on-line at **WWW.NGFOOTBALL.ORG** please bring this form and payment with you to the first day of the camp. Checks should be made out to **North Gwinnett Touchdown Club.**

Contact Coach R.J. Luke at CoachRJKL@qmail.com for questions & information

ATHLETES' NAME: _____

AGE GROUP: _____

ATHLETE'S SPORTS: _____

E-MAIL ADDRESS: _____

CONTACT PERSON _____

CONTACT PHONE #: _____

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

In consideration of the RELEASEES agreeing to my participation in "Elite Performance Speed & Agility Camp" and permitting my use of their services, equipment and other facilities, and for other good and valuable consideration, the receipt and sufficiency of which is acknowledged, I hereby agree as follows:

1. TO WAIVE ANY AND ALL CLAIMS that I have or may in the future have against the RELEASEES AND TO RELEASE THE RELEASEES from any and all liability for any loss, damage, expense or injury, including death, that I may suffer as a result of my participation in "Elite Performance Speed & Agility Camp" DUE TO ANY CAUSE WHATSOEVER, INCLUDING NEGLIGENCE, BREACH OF CONTRACT, OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE, INCLUDING ANY DUTY OF CARE OWED UNDER THE OCCUPIERS LIABILITY ACT, ON THE PART OF THE RELEASEES, AND FURTHER INCLUDING THE FAILURE ON THE PART OF THE RELEASEES TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS AND HAZARDS OF PARTICIPATING IN "Elite Performance Speed & Agility Camp" REFERRED TO ABOVE;
2. TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES for any and all liability for any property damage, loss or personal injury to any third party resulting from my participation in "Elite Performance Speed & Agility Camp";
3. This Release Agreement shall be effective and binding upon my heirs, next of kin, executors, administrators, assigns and representatives, in the event of my death or incapacity;
4. This Release Agreement and any rights, duties and obligations as between the parties to this Release Agreement shall be governed by and interpreted solely in accordance with the laws of the province where the "Elite Performance Speed & Agility Camp" takes place and no other jurisdiction; and
5. Any litigation involving the parties to this Release Agreement shall be brought solely within the province where the "Elite Performance Speed & Agility Camp" takes place and shall be within the exclusive jurisdiction of the Courts of that province.

In entering into this Release Agreement I am not relying on any oral or written representations or statements made by the Releasees with respect to the safety of participating in "Elite Performance Speed & Agility Camp", other than what is set forth in this Release Agreement.

I CONFIRM THAT I HAVE READ AND UNDERSTOOD THIS RELEASE AGREEMENT PRIOR TO SIGNING IT, AND I AM AWARE THAT BY SIGNING THIS RELEASE AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS, ASSIGNS AND REPRESENTATIVES MAY HAVE AGAINST THE RELEASEES.

Parent Signature _____

Date _____



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